

VITAL SIGNS



VOL IV No. 3

Naval Regional Medical Center, Orlando, Florida

1 December 1981

Peace on earth



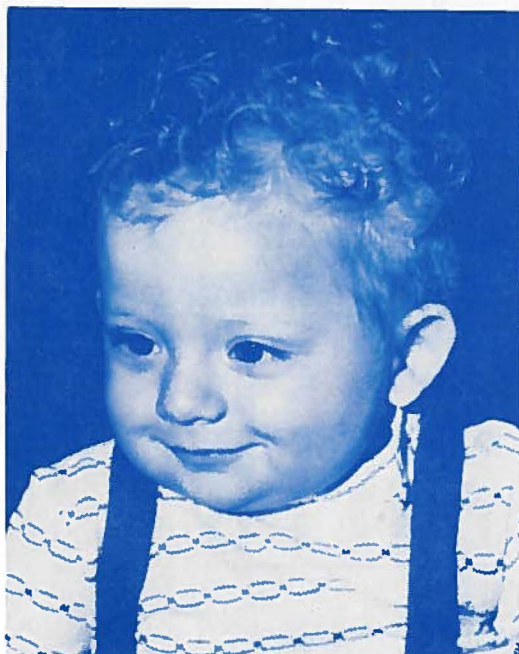
SEASONS

GREETINGS

FROM

NRMC

ORLANDO

Whoaizzit???

DO YOU KNOW THIS STAFF MEMBER? (Answer on Page 8.)

We're sorry you're leaving!

HN K. Houston to 3rd MarDiv
 HM3 C. Tillie to civilian life
 HM3 R. Spell to PMT School, Oakland
 HN L. Alma to AHS, Ft Sam Oakland
 HN A. Pickens to FMSS, Camp Pendleton
 and FFT to 1st FSSG
 HM3 O. Devine to PMT School, Oakland
 HN M. Curry to 3rd FSSG
 HM3 T. Flowers to 2nd FSSG
 HM1 R. Wimmer to SSC, GLAKES, and
 FFT to NSHS, Bethesda
 HN E. Tomten to MCAS, Jacksonville, NC
 HM2 J. Rangel to NAMI, Pensacola
 HN I. Delgado to 2nd FSSG
 HN R. Hillis to NAMI, Pensacola
 HN K. Cappel to NRM, Yokosuka
 HN J. Lowder to FMSS, Camp Lejeune,
 and FFT to 2nd FSSG
 HN K. Kinnard to NAS, Fallon, NV
 HN C. Weaver to NavSta, Norfolk
 HM3 J. Turner to NAMI, Pensacola
 HN K. Keltz to NAMI, Pensacola
 HN D. Jordan to USS NEW JERSEY

**Career Counselor's****Corner**

By HMC Rex M. Reeder

Medical/Dental Specialty Training

Hospital Corpsmen and Dental Technicians have available a very wide range of specialized training. The following is a list of training available for HMs and DTs. Each has different prerequisites, so talk with your career counselor first if one appeals to you.

NEC*	TITLE	COURSE LENGTH (WEEKS)	COURSE LOCATION
HM-8402*	Nuclear Submarine Medicine Technician	30	Groton
HM-8404	Field Medical Service Technician	5	Camp Lejeune Camp Pendleton
HM-8406*	Aerospace Medicine Technician	10	Pensacola
HM-8407	Nuclear Medicine Technician (Surface)	8	Groton
HM-8408	Cardiopulmonary Technician	52	Bethesda/San Diego
HM-8409	Aerospace Physiology Technician	4	Pensacola
HM-8416	Clinical Nuclear Medicine Technician	52	Bethesda
HM-8425	Advanced Hospital Corpsman	40	Portsmouth/San Diego
HM-8432*	Preventive Medicine Technician	28	Oakland
HM-8433	Transplantation Technician	34	Bethesda
HM-8444	Ocular Technician	12	San Diego
HM-8445	Advanced Ocular Technician	15	San Diego
HM-8446	Otolaryngology Technician	18	San Diego
HM-8451	Basic X-ray Technician	12	Oakland
HM-8452*	Advanced X-ray Technician	52	Portsmouth/San Diego
HM-8454	Electroencephalography Technician	28	Bethesda
HM-8463	Optician Technician	28	Yorktown
HM-8466	Physical Therapy Technician	25	Fl. Sam Houston
HM-8472	Medical Photography Technician	30	Bethesda
HM-8477	Basic Biomedical Equipment Technician	15	Denver
HM-8478	Advanced Biomedical Equipment Technician	30	Portsmouth/San Diego
HM-8482	Pharmacy Technician	23	Bethesda/Oakland
HM-8483	Operating Room Technician	26	San Diego/Portsmouth
HM-8485	Neuropsychiatry Technician	12	Portsmouth/San Diego
HM-8486	Urological Technician	26	various
HM-8489	Orthopedic Cast Room Technician	OJT	Coronado
HM-8492*	Special Operations Technician	28	Panama City
HM-8493*	Medical Deep Sea Diving Technician	23	San Diego
HM-8495	Dermatology Technician	12	Civilian licensed only
HM-8496	Embalming Technician	15	Fl. Sam Houston
HM-8501	Basic Laboratory Technician	20	Walter Reed
HM-8503	Histopathology Technician	52	Bethesda
HM-8505	Cytotechnology Technician	52	San Diego/Bethesda
HM-8508*	Advanced Medical Laboratory Technician	OJT	
HM-8531	Intensive/Coronary Care Technician	32	Fl. Sam Houston
HM-8541	Inhalation Therapy Technician	28	San Diego
DT-8703	Advanced Dental Assistant	5	Camp Lejeune
DT-8707	Field Service Dental Technician	5	Camp Pendleton
DT-8714	Dental Research Assistant	15	Fl. Sam Houston
DT-8732	Dental Equipment Repair Technician	26	San Diego
DT-8752	Basic Dental Laboratory Technician	28	San Diego
DT-8753	Advanced Dental Laboratory Technician	28	San Diego
DT-8765	Dental Laboratory Technician, Maxillofacial	28	Bethesda

*SRB eligible

Some changes in eligibility requirements have been made which are not yet reflected in CANTRAC.

HM-8402: Must be HM-8425, HM2 for two years, and HM for six years
 HM-8425: HM2 for two years and six years in Navy
 HM-8492 and HM-8493: Physical testing in accordance with OPNAVNOTE 1500 of 21 May 81
 HM-8501 and HM-8506: Normal color vision (FALANT)

Qualified applicants are urgently needed in the following specialties: HM-8407, 8409, 8432, 8445, 8446, 8477, 8482, 8483, 8485, 8501, and DT-8753. If you are ready for a challenge, see your career counselor.



Volunteer hours

October
1,565

Vital Signs' Staff

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Commanding Officer: CAPTAIN L. R. FOUT, MC, USN
 Editor: HMCM(SS) R. C. CLEMENTS, USN

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RAMP**PAGE!**

By HM1 Bogan McQuigg, USN

For you, what is the best part of Christmas?



Marian Modeste, Surgical Clinic:
"The best part of Christmas is 'giving.' I enjoy seeing the joy others receive."



HMC A. Phillips, HRMS: "Togetherness during the season."



LCDR T. W. Twarog, NC, Surgical Ward: "The warmth and happiness one experiences through the spirit of giving to others."



Ralph Cromer, Communication Center:
"The joyous, happy attitude of people."

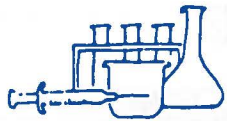


HN E. G. Tomten, Nursing Service:
"To be with family on this joyous occasion. My wife and I are expecting and our greatest joy would be having a happy, healthy, baby to share our Christmas."



CW03 R. Woodruff, PA, Acute Care Clinic: "The change in attitude. People begin to relate, respect, and love one another during the Holidays. We need to maintain this attitude year round."





Lab Line

By CAPT P. E. Pettit, MC, USN

Students - past and present

The NRMCLaboratory Service has had a long-standing association with the Medical Laboratory Technology Program at Valencia Community College. Students complete a course of didactic studies on the Valencia campus, and then go to one of several area health care facilities for a practicum rotation through the different technical areas of the clinical laboratory. Our current student in the program, is Gail Thomas. Gail is pictured with a former Valencia student and now a member of our staff, Jennifer Heaps. In the second picture, Gail is with HM2 Eric Olayos as he operates one of the biochemical analyzers. Gail has completed rotation through the Hematology/Coagulation Laboratories, the Microbiology Lab, the Blood Bank/Serology Lab, and is now in the Biochemistry Section. She enrolled in the Valencia MLT Program because of an intense interest in laboratory sciences and the high demand employment potential for laboratory technologists. She will receive her degree in December and already has a job waiting for her. We are very proud of our affiliation with the Valen-



Jennifer Heaps

Gail Thomas



HM2 Olayos

Gail

cia MLT Program. Anyone interested in a career in laboratory medicine is invited to stop by the lab and have a talk with Gail and Jennifer.



Virginia Gilbrook retires from Lab Service

On 12 November, Captain Schefstad presented Virginia Gilbrook with her retirement certificate climaxing a civil service career of 30 years. Virginia served in the Laboratory when the hospital belonged to the U. S. Air Force. When the Navy took over on 1 July 1968, Virginia stayed on and has served as secretary to several pathologists.

Her plans for the future include a part-time job and also volunteer work with the American Red Cross serving right here in the Medical Center. Virginia expressed her appreciation to all those who organized and also those who attended her retirement luncheon with special thanks to Doreen and to Ann Hutto.

Nursing**Service**

By LT Steven W. Tudhope, NC, USNR

Welcome

The Nursing Service extends a hearty welcome to our new Ensigns:

ENS Pamela Fye, NC, USNR
 ENS Teresa Dieckhoff, NC, USNR
 ENS Rebecca McCormick, NC, USNR

Ensign Pamela Fye hails from Clarinda, Iowa, where her parents and younger brother still live. Having graduated from Central Missouri State University this past year, she is anxious to put her nursing skills to work and she would like to be respected for her nursing ability and her competence. She also feels that listening is an important and valuable tool in developing patient-nurse and peer relationships. ENS Fye was greatly impressed by the friendliness and congeniality of the hospital staff during her orientation period.

Ensign Teresa Dieckhoff, hails from Alma, Missouri. She is the oldest of three children and recently graduated from Central Missouri State University. As Ensign Dieckhoff embarks on her nursing career in the Navy, her goal is to uphold the respect and fine traditions of the Navy Nurse Corps and she would like to maintain an air of independence and be respected as an example of leadership.

Ensign Rebecca McCormick hails from West Falls, New York. She is the 5th of 6 children. She attended the State University of New York at Buffalo and received her degree in nursing. Ensign McCormick is anxious for her first Navy Nurse Corps assignment. She feels that learning is an ongoing process and that a priority function of the staff nurse is the teaching and educating of the staff as well as the patients.



May the joy and peace of Christmas be with all of you throughout the year.

Chaplain's**Comments**

By LT J. L. Doss, CHC, USNR

**"I bring you good news of a great joy . . ."**

A minister asked a group of four to eight-year-old children to help him construct a nativity scene. He first asked who journeyed to Bethlehem. A little girl answered, "Mary and Joseph." She then put the two plastic figures in place. In response to other questions, the children added shepherds, lambs, wisemen, and camels to the scene. Before the pastor could ask the final question, a seven year-old impatiently exclaimed, "Why is the most important one left until last?"

The Christmas season is a busy one for most of us. It is a time filled with parties and shopping; a time to visit with friends and relatives. It is so easy to get caught up in all of the "busyness" of this season that we lose sight of the true reason for our joy and celebration. Don't let the religious significance of of Christmas become an afterthought.

"I bring you good news of a great joy which will come to all people; for to you is born this day in the city of David a Savior, who is Christ the Lord." This is God's gift for you at Christmas.

May you have a happy and a holy holiday season.



NRMC smiles**Civilian Employee of the Year**

Roberta L. Cohen, Educational Services, has been selected as the Naval Regional Medical Center's Civilian Employee of the Year. Roberta received her award at the Federal Employees Recognition Program held at the Officers' Club on 20 November. Pictured above with Captain Fout, Roberta proudly displays her beautiful plaque. Congratulations, Roberta!

Retirement

Captain Fout offers his congratulations to Ulysses S. G. Hood, Food Management Service, as he retired after completing 30 years of civil service. Mr. Hood was a plank owner of Naval Hospital Orlando. Sharing in the happy moment with Ulysses, is his wife, Edna. We are going to miss you, Mr. Hood!

Personnel Inspection - November**Noted for excellence**

HMCS C. Buffum
HMC R. Reeder
HMC R. Edmondson
HMI G. Collis

HMI W. Downing
HN J. Acosta
HA G. Hager
HA R. Hart

Honored

Patricia Horn, Patient Affairs Service, has served the past year as the President of the Central Florida Chapter of the American Association for Medical Transcription. She has now gained recognition nationally by being elected to the membership of the National Board of Directors for the Association. Congratulations, Pat!

Letter of Appreciation

Captain Fout presented a Letter of Appreciation to LCDR Bruce D. Guy, NC, as he departed for his new duty station, NRMC, Guam. LCDR Guy had served at NRMC, Orlando since September 1977. Captain Fout expressed his appreciation for LCDR Guy's outstanding and dedicated performance of duty.





Master Shipwreck

HMCM(SS) R. C. Clements, USN

Advancements

Congratulations to those selected for advancement!

To HM2

HM2 Cronkhite	HM2 Mehlert
HM2 Frazier	HM2 Moran
HM2 Kirby	HM2 Schultz
HM2 Shy	

To HM3

HM3 Alma	HM3 Jenks
HM3 Artman	HM3 John
HM3 Bondoc	HM3 Jordan
HM3 Bush	HM3 Marly
HM3 Call	HM3 Martinez
HM3 Callahan	HM3 Newton
HM3 Csizmadia	HM3 Philbin
HM3 Douglas	HM3 Phillips
HM3 Flick	HM3 Rabon
HM3 Flot	HM3 Scintilla
HM3 Gamboa	HM3 South
HM3 Goudeau	HM3 Swanson
HM3 Hagan	HM3 Tomten
HM3 Hall	HM3 Travis
HM3 Hamlin	HM3 Tucker
HM3 Haynes	HM3 Ward
HM3 Hillis	HM3 Weaver
HM3 Hodgson	HM3 White
HM3 Huie	HM3 Williams
HM3 Hyneman	HM3 Williford

There were a total of 108 staff members who participated in the Advancement in Rate examination. There were 47 selected for advancement, 57 passed but not advanced, 1 failure and 3 discrepancies.

Now is the time to start preparing for the advancement test in March. Get your correspondence courses completed, PARS signed off and perform at a level which will qualify you to be recommended.

People are dying for your help



GIVE

BLOOD

Blood Donor Day at the Naval Training Center will be Tuesday, 8 December. All blood given by civilian employees will be credited to the Navy Civilian Blood Bank. The Blood Bank will be located in the parking lot between Buildings 2070 and 2095, across from the Civilian Personnel Office. The hours will be from 0730 to 1400.

Donors will be helping the Central Florida Blood Bank keep sufficient blood on hand for the holidays. For further information and/or for an appointment, call X4710 or X5552.

Personnel desiring to donate their blood to the Medical Center's blood bank can call CDR Pratt at X4038. CDR Pratt is anxious to keep the Blood Bank well supplied in preparation for the holiday season when the demand is heavy and donors are few.

Christmas is a time for giving..... what more precious gift can you give than your own blood!

Merry Christmas

Family Advocacy Representative

Anyone wishing to report any cases of suspected or actual child/spouse abuse, or sexual assault, can call the NRCM Family Advocacy Representative, ENS G. A. Dailey, Jr., at X4946 or X4947 from 0800 - 1630. After working hours and week-ends, call the OOD - 646-4940.

For those "passed but not advanced," a little more studying and improvement in performance marks will enhance advancement potential.

Seasons Greetings to you and your family.



CAPT Fout's

Skipper - gram



As we approach the holidays and the close of 1981, I wish to take the opportunity to thank our staff for their fine support in providing highest quality health care here at NRMC, Orlando.

Every employee, while often not realizing it, provides a significant input to our end result, not only by their labors but also by their attitude and spirit.

All NRMC employees can, and should be, justly proud of the truly outstanding reputation we have for providing courteous, concerned and competent health care.

The road to happiness lies in caring about and for others. Let's really be happy in '82.

Best wishes for the holidays and 1982.

L. R. Fout
L. R. FOUT



CRA NOTES

By Joyce Sienia



Holiday party

There will be a "free" Christmas Open House for all hospital staff on Thursday, 17 December from 1400 to 1600 in the William G. Lawson Room. There will be delicious Christmas goodies and Santa Claus will be on hand for any last minute requests.



CRA BIRTHDAY GREETINGS TO: Monica Berg on 1 Dec; Debra Anderson and Joanne Barker on 3 Dec; Edward Heron on 4 Dec; Georgia Blackmon and Ruth Burke on 8 Dec; Marion McCue on 9 Dec; Margaret Caldwell and Dorothy Johnson on 10 Dec; Ralph Cromer on 12 Dec; Martha Hutto on 13 Dec; Leonard Vernon on 15 Dec; Kathryn Owens and Jean Rodarte on 18 Dec; Charlie Morgan, Mildred Robidere, and David Tan on 20 Dec; Pauline Wood on 21 Dec; John King and Johnnie Raulerson on 22 Dec; Isabelle DeVinny and Michael Riley on 24 Dec; Marvin Atchley on 26 Dec; Mary Baley and Celeste Hackenthal on 27 Dec; Lynn Bolstein and Vivian Walton on 28 Dec; and Mary Looney and William Newkirk on 29 Dec.



Whoaizzit?

It's LCDR Richard J. Schneider, MC, USNR, Internal Medicine Service. Dr. Schneider has served at this command as Internist and Cardiologist since 30 July 1980. He and his wife, LCDR Inaam J. Schneider, MC, USNR, who is also stationed at our NRMC, Orlando, have one child, Jennifer Anne. Dr. Schneider's home town is Detroit, Michigan.

